



OBESITY AMONG ADULTS IN ARKANSAS, 2007



In Arkansas,
40% of African
American adults
are obese.

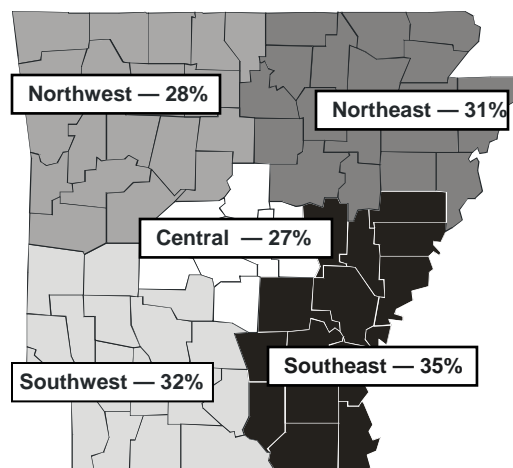
Arkansas
Behavioral
Risk Factor
Surveillance
System

THE BURDEN OF OBESITY

- ◆ Obesity is determined by using weight and height to calculate body mass index (BMI). Adults with a BMI of 30 or higher are considered obese.
- ◆ According to the Centers for Disease Control and Prevention, obesity increases the risk of developing diabetes, heart disease, and some types of cancer.
- ◆ Over 600,000 (29%) Arkansas adults are obese.
- ◆ Adults in Arkansas are more likely (29%) to be obese compared to U.S. adults (26%).

PUBLIC HEALTH REGION

The map to the right shows how obesity rates vary by public health region in Arkansas.

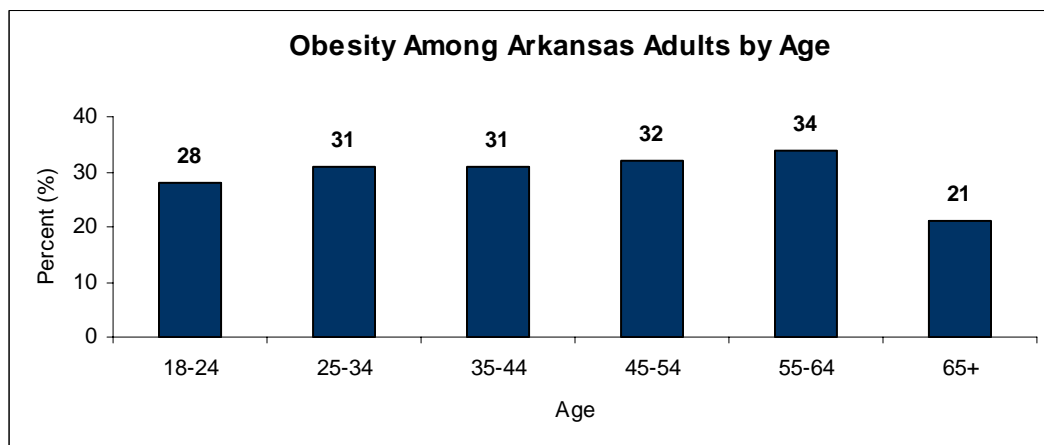


RACE/ETHNICITY

African American adults are more likely to be obese (40%) compared to white adults (28%). About 29% of Hispanic adults are obese.

AGE

Obesity rates vary by age, as shown in the graph below.

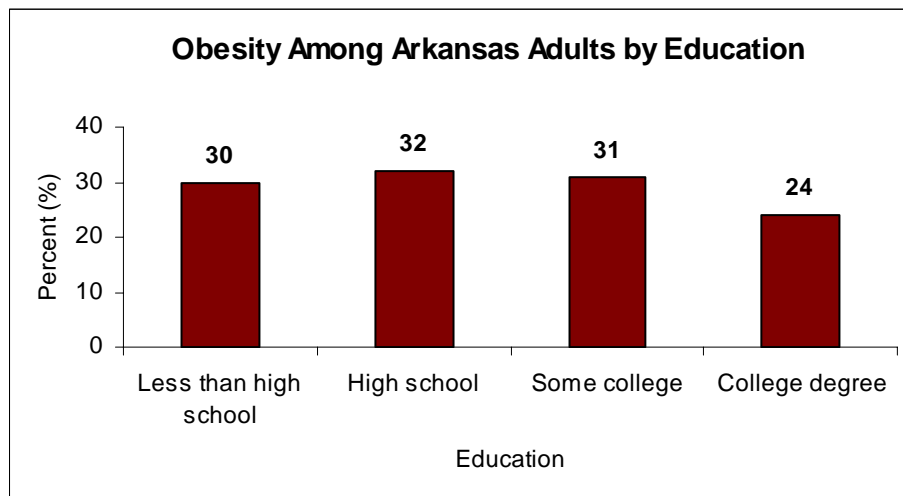


GENDER

In Arkansas, 31% of adult men are obese. Adult women have similar rates of obesity (28%).

EDUCATION

Adults with a college degree are least likely to be obese.

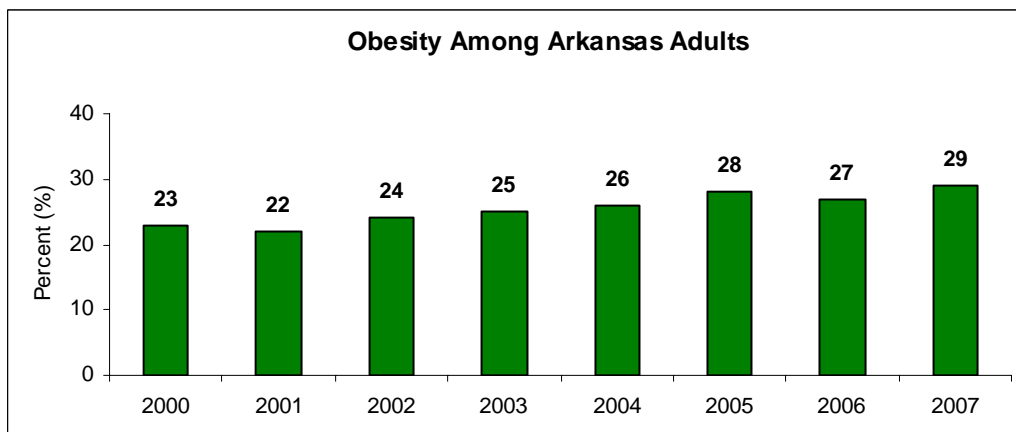


METROPOLITAN VS. NON-METROPOLITAN*

In Arkansas, obesity rates are similar in metropolitan (28%) and non-metropolitan areas (31%).

TRENDS OVER TIME

Obesity rates have increased since the year 2000, as shown in the graph below.



In Arkansas, obesity rates have increased since the year 2000.

*Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.

For more information, visit <http://brfss.arkansas.gov>